



****NOTE: Housing in Isolation Sites is available by doctor's referral *only*. Anyone arriving at these sites without the referral of a medical professional or hospital case worker *will not* be admitted.****

Isolation Sites

Following a positive diagnosis for COVID-19, you will be requested to self-isolate for up to two weeks to prevent the spread of the virus. Most people who test positive will have mild illness and should be able to recover at home. But what if you are not able to stay in a separate room at your home or don't have safe, stable housing? You may be eligible for care at an **Isolation Site**.

Diagnosis

Your doctor will contact you to explain your diagnosis of COVID-19 and determine any immediate health care needs. They will also assess any risk factors you have for serious complications, and this is important because certain pre-existing medical conditions may increase your risk of complications from the virus.

A case manager will also contact you if you are diagnosed with COVID-19. Your case manager will ask if you have any immediate needs and are able to stay in a separate room, away from other family members. If you are unable to self-isolate, a case manager will work with your provider to determine if you're eligible to stay at an Isolation Site. **Housing in these sites is available by *referral only*.**

Eligibility for Isolation Sites

Isolation sites are not hospitals but temporary accommodations that allow patients with a lab-confirmed COVID diagnosis—or those under investigation for COVID—to safely self-isolate. To be eligible for referral to an Isolation Site, you must:

- Be able to conduct activities of daily living independently
- unable to be isolated at home
- meet specific health criteria determined by your doctor and case manager
- be over the age of 18, unless part of a family who is COVID positive
- not under the influence of alcohol or drugs or likely to experience withdrawal.

If you have transportation, you will be required to transport yourself to a facility; however, if transportation is needed, it may be provided for you.



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Be Prepared

If you are showing symptoms of COVID-19, it is important for you to be tested. You should also be prepared for a possible hospital stay when you arrive at the hospital to be tested. In some cases—if you are unable to self-isolate in a separate area of your home for up to 14-days at home—you may have the option to stay in an Isolation Site. Those individuals who choose to accept the temporary accommodations at the isolation site should make the following preparations:

- Notify your emergency contact of your plans.
- Lock you house and secure your personal belongings.
- Arrange for care of any pets or other dependent animals, as pets may not be allowed, depending on the facility.

Bring the following items with you:

- Photo ID
- Insurance and/or Medicare cards
- Prescribed Medications and over-the-counter medications that you are currently taking that will last you for 14 days
- (If available) A copy of advance health care directives, such as durable power of attorney (sometimes known as medical power of attorney) for health care and living will
- (If available) A personal health record that includes information such as allergies, health conditions, immunization record and reports of recent tests or physical exams
- A list of telephone numbers of family and friends to be contacted as needed

Clothing and footwear:

- Comfortable Clothing/sleepwear

- Shoes/sneakers/slippers

Toiletries and Hygiene Products:

- Toothbrush, toothpaste, dental floss
- Deodorant
- Soap, shampoo, conditioner
- Feminine hygiene
- Makeup, makeup remover
- Shaving supplies
- Skin products
- Brush, comb, hair products
- Nail supplies/tweezers
- Glasses, contact lenses, supplies

Other items:

- Containers for contacts/dentures
- Cellular phone + charger
- Laptop/iPad/E-Reader + charger(s)
- Books/Magazines/Cards
- Pen/Paper
- Snacks/Drinks

Returning Home

Since these sites are designed for short term isolation, you will be expected to leave once you test negative or have completed the recommended duration of self-isolation. If you choose to leave for personal reasons at any time before recovery, you acknowledge that you may be contagious and may be able to infect other people.

If you choose to self-isolate at home, follow the Navajo Nation Department of Health's guidance and health care provider's instructions. More information is available online at:

<https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources>.